

DAFTAR PUSTAKA

- Bekerom, M. P. J., Gresnigt, F., Niek C. D., Witjes, S., and Jan, G. O., 2012. *Ankle Treatment After Injuries of The Ankle Ligaments*, Volume 48, pp. 2-7.
- Bleakley, Chris M, *et al.* (2010). *Effect of Accelerated Rehabilitation on Function after Ankle Sprains: Randomised Controlled Trial*. BMJ Online.bmj.com diunduh pada 21 Maret 2015.
- Cael, Christy. (2009). *Functional Anatomy Muskuloskeletal Anatomy, Kinesiology, and Palpation for Manual Therapy (LWW Massage Therapy & Bodywork Educational Series*. Philadelphia: Wolters Kluwer Health.
- Calatayud J, Borreani S, Colado J. C, Flandes J, Page P. 2014. *exercise and ankle sprain injuries A Comprehensive Review*. Hal 88- 93, vol 42 issue 1, februari 2014.
- Chan K, Ding B, dan Mroczek K, 2011. *Acute and chronic lateral ankle instability in the athlete*. Bulletin of the Nyu Hospital for Joint Diseases 2011;69(1):17-26 17
- Farquhar W, 2013. *Muscle Spindle Traffic in Functionally Unstable Ankles During Ligamenous Stress*. *Journal of Athletic Training* 2013;48(2):192–202,
- Fujastawan, Gede, I. N., & Nopi, N. L. (2015). Penambahan Ankle Exercis Dengan Menggunakan Therabend Pada Intervensi Ultrasound Lebih Menurunkan Nyeri Pada Kasus Sprain Aankle Kronis Di Kota Denpasar, 3.
- Han K dan Ricard M, 2011 *Effects of 4 Weeks of Elastic-Resistance Training on Ankle-Evertor Strength and Latency*, *Journal of Sport Rehabilitation*, 2011, 20, 157-173, 2011 Human Kinetics, Inc
- Johnson, M, 2008. *Transcutaneous electrical nerve stimulation, electrotherapy: evidence based practiv=ce*, Churchill Livingstone, Edinburg
- Kaminski, Thomas W, *et al.* (2013). *National Athletic Trainers'Association Position Statement:Conservative Management and Prevention of Ankle Sprains in Athletes*. *Journal of Athletic Training* ; 48(4): 528–545 doi: 10.4085/1062-6050-48.4.02
- Kisner C dan Colby L Alen.2012.*Therapeutic Exercise Foundations and Techniques*. Sixth Edition. F.A Davis Company.America. hal 850-859.
- Konseptual, A., & Sumartiningsih, S. (2012). Cedera Keseleo pada Pergelangan Kaki (Ankle Sprains). *Juli Disetujui: Juni*, 2, 2088–6802. Retrieved from <http://journal.unnes.ac.id/nju/index.php/miki>

Lavallee, M.E and T. Balam. (2010). An overview of strength training injuries: acute and chronic. *Curr. Sports Med. Rep.*, 9(5): 307-313,

Ligamen-Ligamen Pergelangan Kaki

<https://img.tfd.com>

Lin, Chung-Wei Christine, Claire E. Hiller, and Rob A. de Bie. 2010. *Evidence-based Treatment for Ankle Injuries*. *Journal of Manual and Manipulative Therapy* : 18(1): 22-28.

Martin, R. L., Davenport, T. E., Paulseth, S., Wukich, D. K., & Godges, J. J. (2013). Ankle Stability and Movement Coordination Impairments: Ankle Ligament Sprains. *Journal of Orthopaedic & Sports Physical Therapy*, 43(9), A1–A40. <https://doi.org/10.2519/jospt.2013.0305>

Muawanah, S. et all. (2016). Perbedaan Pelatihan Proprioceptive Menggunakan Wobble Board Dengan Pelatihan Penguatan Otot Ankle Menggunakan Karet Elastic Resistance Dalam Menurunkan Foot and Ankle Disability Pada Kasus Sprain Ankle Kronis. *Sport and Fitness*, 4(1), 59–71.

Nuach, B. M., Widyawati, I. Y., Hidayati, L., Program, M., Pendidikan, S., Keperawatan, F., ... Airlangga, U. (2010). Pemberian Transcutaneous Electrical Nerve Stimulation (Tens) Menurunkan Intensitas Nyeri Pada Pasien Bedah Urologi di Ruang Rawat Inap Marwah RSU Haji Surabaya.

Nugroho, B. S., Laksmi, R., Jurusan, A., Keshatan, P., Fik, R., Abstrak, U. N. Y., ... Priyonoadi, B. (2009). Tingkat Pengetahuan Atlet Tentang Cedera Ankle Dan, 23–38.

Parjoto Slamet. 2006. *Terapi Listrik Untuk Modulasi Nyeri*. Semarang: Ikatan Fisioterapi Indonesia Cabang Semarang.

PENATALAKSANAAN ULTRASOUND DAN TERAPI LATIHAN PADA PASIEN SPRAIN ANKLE DEXTRA DISUSUN OLEH : SARTI RAHAYU
PROGAM STUDI DIPLOMA III FISIOTERAPI. (2015), 1–16.

Pengertian Sehat Menurut Ahli, 2013. *Sehat Menurut WHO*. [Online] Available at:<http://www.pengertianahli.com/2013/10/pengertian-sehat-menurut-ahliwho.html> [Accessed 14 February 2014].

Punt, I. M., Ziltener, J., Laidet, M., Armand, S., & Allet, L. (2014). Kiprah dan Gangguan Fisik Pasien akut Ankle Terkilir yang tidak menerima Terapi Fisik, 1–7. <https://doi.org/10.1016/j.pmrj.2014.06.014>

Roosen, Philip, Tine Willems, Roel De Ridder, Lorena San Miguel, Kristen Holdt, Henningsen, Dominique Paulus, An De Sutter, and Pascale Jonckheer. 2013. *Ankle Sprains: Diagnosis and Therapy*. KCE Reports. Diakses dalam <http://www.kce.fgov.be> pada Senin 1 Februari 2016 pukul 07.00 WIB.

Susunan Tulang Pergelangan Kaki

<https://faithnatomy.wikispaces.com>